

Welcome to *The Pulse*, from Greater Tri Cities IPA Medical Group. This is your quarterly check-up for health tips, facts, and all you need to know from your local North County Medical Group.

Help Prevent Dehydration This Summer

Summer is nearing and meteorologists predict we are in for above average temperatures. Those hot days may place you at risk of dehydration. Dehydration can lead to an increase in falls, constipation, urinary tract infections, respiratory tract infections and kidney stones. Below are a few tips to help prevent dehydration:

- Drink small amounts of fluids throughout the day. Five 8-ounce glasses of water per day is a good starting point.
- Try to avoid large amounts of drinks with caffeine, alcohol and high-protein drinks. Drinking high amounts of these drinks may lead to a greater loss of body water.
- Drink water, milk or juice with every meal.
- Eat foods high in water such as fresh fruits, vegetables and some dairy products.

Be aware of dehydration signs. Warning signs include fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.

From the desk of Iselda Gentry, BSN, RN, PHN

6 Tips to Controlling High Blood Pressure

Many claim high blood pressure (or hypertension) has few symptoms dubbing it the “silent killer.” However, pair it with other diseases, such as high cholesterol or blood sugar levels, and the damage to the arteries, kidneys and heart can be fatal. The good news is that high blood pressure can be controlled. The following tips help control high blood pressure:

1. Maintain a healthy weight.
 2. Exercise regularly.
 3. Eat a balanced diet.
 4. Cut back on salt.
 5. Reduce stress.
 6. Limit alcohol & stop smoking.
- Talk to your doctor about any other lifestyle/medication changes!

- Heather Rotan
Clinical Initiatives Manager

Protect Against Identity Theft

It is more important now than ever to you safeguard your health care information. The easiest way to protect your identity is to NOT carry your Medicare card with you in your wallet or purse. All you need to carry on you is the insurance card that the company has provided for you. This one card is good for doctors, hospitals, and prescriptions. Never give out your personal information to anyone unless you initiated the phone call with the insurance company.

J&A Insurance Services is a Medicare agency representing a variety of health plans. For help, please call.

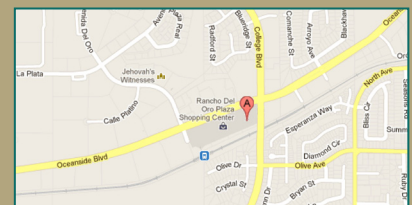
-Jack & Annette Midland,
(760) 504-9740
(Lic 0H31773/Lic 0F50505)



Quick Fix

**Greater Tri Cities IPA
Customer Service**
available 9 AM to 5 PM Monday
thru Friday:
(760) 732-0272 (TTY/TDD 711)

Urgent Care is available 8 AM
- 8 PM Monday thru Sunday at
828 Urgent Care:

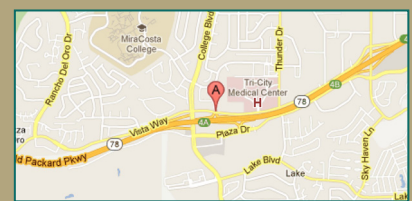


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

Call your Primary Care
Physician whenever possible
before seeking Urgent Care.

Lab Work can be handled at
any LabCorp location.
www.labcorp.com

Tri-City Medical Center is our
primary hospital serving the
community since 1961:



4002 Vista Way
Oceanside, CA 92056
(760) 724-8411

Maintain Access to your Primary Care Physician. Select any of the following health plans:

Aetna.....	(800) 872-3862 (TTY/TDD 711).....	www.aetna.com
Anthem Blue Cross.....	(855) 306-4537 (TTY/TDD 711).....	www.anthem.com/ca/shop
Blue Shield.....	(800) 393-6130 (TTY/TDD 711).....	www.blueshieldca.com
Care1st Health Plan.....	(800) 544-0088 (TTY/TDD 711).....	www.care1st.com
Easy Choice Health Plan	(866) 999-3945 (TTY/TDD 711).....	www.easychoicehealthplan.com
Humana	(800) 992-2551 (TTY/TDD 711).....	www.humana-medicare.com
United Healthcare	(800) 577-5623 (TTY/TDD 711).....	www.uhcmedicareolutions.com

P.O. Box 5059
 Oceanside, CA 92052

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Important Plan Information

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Independent Physicians. Providing Personal Care.

Your Primary Care Doctor is an Independent Physician with Greater Tri Cities IPA Medical Group, an Independent Physicians Association that has been serving the North County neighborhood since 1994!

The physician-patient relationship is one of the most important. We are here to support that relationship. For questions or event information, call Monday through Friday from 9 AM to 5 PM or visit us on the web.



(760) 732-0272 (TTY/TDD 711)

www.gtcipa.com

Upcoming Events & Classes

Everything listed in this section is offered free of charge. For more information about events, dates, or times call 760-732-0272 (TTY/TDD 711).

Diabetes Education

- Pre-Diabetes Education
- Diabetes Support Group
- Diabetes Class Series
- Advanced Diabetes Supply Warehouse
- 2544 Campbell Place, Ste 155, Carlsbad 92009

Senior Movie Day

- Last Friday of Every Month at 1 P.M.
- Vista Senior Center
- 1400 Vale Terrace Dr, Vista 92084

Cool Zone Locations

Cool Zone sites help older adults and others keep cool and save energy costs. Call for hours or visit www.sandiegocounty.gov for more information.

Location	Phone
Carlsbad Library: 1775 Dove Ln	760-602-2049
Carlsbad Senior Center: 799 Pine Ave	760-602-4650
Oceanside Senior Center: 455 Country Club Ln	760-435-5250
Vista Library: 700 Eucalyptus Ave	760-643-5100
Vista Senior Center: 1400 Vale Terrace	760-639-6160
Park Ave Community Center 210 Park Ave, Escondido	760-839-4688
San Marcos Library: #2 Civic Center Dr.	760-891-3000
San Marcos Senior Center: 111 W. Richmar Ave.	760-744-5535